

Curriculum map 2026-2027 Subject: PSHE /RSE

 St Kentigern's R.C Primary School	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS	<u>Being Me in My World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	<u>Celebrating Difference</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself	<u>Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	<u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>See life to the Full Planning</u> Handmade with Love I am Me Ready Teddy Heads, Shoulders Knees and Toes Let's Get Ready Good Feeling Bad Feeling Growing Up	<u>See life to the Full Planning</u> Role Model Who's Who Forever Friends You've Got a Friend in Me My Body and My Rules Safe Inside and Out Feeling Poorly God is Love People Who Help Me Loving God, Loving Others Me, You Us
Y1	<u>Being Me in My World</u> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	<u>Celebrating Difference</u> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	<u>Dreams and Goals</u> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles	<u>Healthy Me</u> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	<u>See Life to the Full planning</u> Let The Children Come I am Unique Feelings-Likes and Dislikes The Cycle of Life	<u>See Life to the Full planning</u> Special People Treat Others Well And Say Sorry Being Safe Three in One Who is my Neighbour

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			Feelings of success			
Y2	<u>Being Me in My World</u> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	<u>Celebrating Difference</u> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	<u>Dreams and Goals</u> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	<u>Healthy Me</u> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	<u>See Life to the Full planning</u> Let Children Come Girls & Boys Clean & Healthy Feelings Inside & Out	<u>See Life to the Full planning</u> Good Secrets and Bad Secrets Physical Contact Harmful Substances Can you help me Communities we live in
Y3	<u>Being Me in My World</u> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing	<u>Celebrating Difference</u> Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful	<u>Dreams and Goals</u> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles	<u>Healthy Me</u> Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off-line scenarios Respect for myself and others Healthy and safe choices	<u>See life to the full planning</u> We don't have to be the same Module 1 Unit 2 Respecting our bodies Module 1 Unit 2 What am I feeling? Module 1 Unit 3 I am thankful Module 1 Unit 3	<u>See life to the full planning</u> Friends Family and Others Sharing Online How do I love others? First Aid Heroes A community of love

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	things from others' perspectives	Giving and receiving compliments	Evaluating learning processes Managing feelings Simple budgeting			
Y4	<u>Being Me in My World</u> Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	<u>Celebrating Difference</u> Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	<u>Dreams and Goals</u> Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	<u>Healthy Me</u> Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	<u>See life to the full planning</u> We don't have to be the same What is Puberty? Changing Bodies What am I Looking at?	<u>See life to the full planning</u> Life Cycles When Things Feel Bad Chatting Online Safe in Body Drugs & Alcohol What is the Church? How do I love others?
Y5	<u>Being Me in My World</u> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups	<u>Celebrating Difference</u> Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying	<u>Dreams and Goals</u> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures	<u>Healthy Me</u> Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices	<u>See life to the full planning</u> Gifts & Talents Spots & Sleep Body Image Peculiar Feelings	<u>See life to the full planning</u> Menstruation Under Pressure Sharing isn't always caring The Trinity Catholic Social Teaching Reaching Out

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	Democracy, having a voice, participating	Material wealth and happiness Enjoying and respecting other cultures	Supporting others (charity) Motivation	Motivation and behaviour		Giving Assistance
Y6	<u>Being Me in My World</u> Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role- modelling	<u>Celebrating Difference</u> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	<u>Dreams and Goals</u> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	<u>Healthy Me</u> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	<u>See life to the full planning</u> Girls' Bodies Boys Bodies' Emotional Changes Seeing Stuff Online	<u>See life to the full planning</u> Making Babies (Part 1) Making Babies (Part 2) Do you want a Piece of Cake Self Talk Cyber Bullying Types of Abuse Impacted Lifestyle and Making Good Choices